**The Human Heart**

It’s the size of your fist, it pumps blood around your body, if it stops you die. What is it? It’s the Heart.

Do you know that the Heart is actually a organ and is made of muscle. It pumps continuously pushing blood around the body. Since it works all day and all night your heart is pretty fit.

Your heart is a basic heart shape with lots of tubes coming out of it. The tubes are there to carry blood to and from the lungs and body. The heart is divided in to four spaces called chambers. The two at the top and two at the bottom, a wall of muscle is down the middle.

So next time you go for a big run, at the end feel your heart and by the speed of it’s pace that’s how you’ll know whether you’ve had a big enough work out.

By Emily C

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